

OBITUARIES

Marjorie G. Snyder

Sept. 6, 1915 - Jan. 20, 2010

Marjorie G. Hicks Snyder, daughter of Charles Sr. and Marie (Glover) Martin, was born September 6, 1915, in Topeka. She died on January 20, 2010, in Norton, at the age of 94.

She attended Washburn College in Topeka, and graduated with a degree in education from Emporia State Teacher's College in Emporia, where she was a member of Kappa Alpha Theta. When Marjorie was 22 years old, she moved to Norton where she taught elementary school, her first year making \$90 per month in 1936. She later had a preschool in her home for several years where the children enjoyed Marjorie playing the piano and teaching them to love music.

On April 4, 1938, Marjorie and Theron Hicks were united in marriage in Topeka, and to this union four daughters were born. They enjoyed an antique business in Norton called, "Wagon Wheel Antiques."

They also had an antique shop for two summers in Evergreen, Colo. They took part in antique shows in several states. Traveling together was a big part of their life, especially to England and France to shop for antiques. After 35 years of marriage, Theron passed away in 1972. Marjorie later remarried in 1983, to Pete Snyder of Almena, Kansas. Pete passed away in 1992.

Marjorie was a member of the P.E.O. and the First United Meth-

odist Church in Norton.

Survivors include: four daughters and their husbands, Jean and Neil Mac Gregory, Littleton, Colo.; Sue and Richard Johnson, Boise, Idaho; Paula and Norman Strayer, Norcatour; and Carla and Bruce Kaup, Maud, Okla.; 11 grandchildren; 21 great-grandchildren; one sister and her husband, Mary Lou and Jim Metzger, and one brother and his wife, Charles Jr. and Shirley Martin, all of Topeka; numerous other relatives and friends.

She was preceded in death by her parents, her two husbands, and two grandchildren.

Private family graveside services will be held with Enfield Funeral Home of Norton in charge of the arrangements. A memorial has been established to the Hospice Services of Norton County in care of the funeral home at 215 W. Main, Norton, KS 67654.

Card of Thanks:

The family is deeply grateful for the devoted care of Marge by Bobbie Stewart for the past three years and four months and also to Annette Rosbury. Thank-you to Dr. Jeff McKinley and Dr. Glenda Maurer, Norton County Hospital faculty, and Hospice. A special thank-you to nurse, Becky Gibson, also Reva Benien, Doris Yeager, Ruth Burd, Phoebe Stutheit, Doug and Karen Griffiths, and good neighbors, all who have helped mom through her last years. God bless you all.



Ronald and Helen Hager in 1960



Ronald and Helen Hager today

Norton couple celebrates 50th anniversary

The family of Ronald and Helen Hager is requesting a card shower in celebration of their 50th wedding anniversary.

Ronald Hager and Helen Krauss were joined in marriage on Jan. 31, 1960 in Norton.

Ronald and Helen were long-time business owners in Norton.

They owned and operated Norton Appliance and Furniture and Norton Hardware and Appliance.

The Hagers also farmed near Edmond where they lived until moving to Norton in 2008.

Their children and spouses and grandchildren are: Barry and Karen Hager, Wesley and Wyatt, of Wichita; Rhonda and Richard

Karst, Katie, Rayna, and Caleb, of Rush Center; and Penny and Stephen Otter, Brittany, Andrew and Alec, of Norton.

Cards may be sent to 302 Ward Ave., Norton, Kan.

Club news

BY BEVERLY KINDLER

"What is your ethnic background?" was the question asked Mid-Century GFWC members and guest Walta Russ, as they met Jan. 14, in the Community Room, Norton Public Library. Mrs. Russ, president of the Norton Genealogy Society, gave a program "Finding Your Roots". She conducted a tour of the Norton Public Library Genealogy Room pointing out the many materials for anyone who is interested in genealogy and in finding out about "Their Roots". Available for use are old newspapers from Norton and Lenora, immigration lists, books containing obituaries, cemetery records, marriage records, file cabinets full of microfilm. She demonstrated how to use the reader with the microfilm.

Of special interest to the group was an old 1905 Norton County Atlas and a map of the city of Norton, showing the building of that time. The library also has many books about Kansas history, history of individual counties, and books of families of Kansas.

Beverly Kindler, president, called the meeting to order with the theme of the evening, "Live your life so you don't have to hide your diary". Leta Donovan read a letter from Okieiyapi Tipi Habitat for Humanity, Eagle Butte, S.D., thanking us for the gift, a thank you from Humane Society Youth for our participation in the Adopt-a-Classroom program.

The class of Julie Schrum at Eisenhower Elementary School use the material from this project and sent their thanks in the form of hand drawn pictures. Leta shared information from a letter from Post Prom Committee. Mid-Century will send Post Prom \$25 to use for scholarships.

The Mid-Century Christmas meeting was delayed because of the weather so Beverly presented everyone with her Christmas gifts, bookmarks and lovely post-

a-notes. In place of a gift exchange between members, each member gives \$5 into a fund. From this fund the postage is paid for sending the Shoeboxes to Samaritan's Purse. The remainder will be sent to Meals-on-Wheels.

Beverly reported from the GFWC Clubwoman about "Volunteers in Action". The GFWC Delphos Women's Club took on a community project called "Discover the Beauty of Delphos" and worked to enhance the appeal of its' small town. They sponsored an "Extreme Curb Appeal Make-over Contest", with cash prizes and held a paint exchange, along with other activities.

Beverly also reported on the Help Us Learn-Give Us Hope, project that was started by Gary LaGrange of Manhattan. This non-profit organization supplies necessary school supplies to children in Iraq and Afghanistan through units from Fort Riley. This program helps the school age children and builds morale among the American soldiers knowing they are installing trust in the children of these countries.

It was announced that several Norton music students will be participating in the 6th District Music Auditions later this spring. It was voted that Mid-Century GFWC will pay the registration fee for each student.

Volunteer hours were handed in. Birthday girls for Dec. were, Bertie Leigh Compaan, and Darlene McEwen. Birthday girls for Jan. are Geraldine Packer and Karen Cox. Reports were given on former members, Carolyn Higgason and Rosetta McFarland. They are both doing well. Hostesses for the evening were Virginia Will and Beverly Kindler.

The next meeting will be Feb. 11, 7:30 p.m., in Virginia Wills' classroom in Eisenhower Elementary School. Please come in the door on the north side of the building.

BY ERIC BECKER

The Busy Jayhawkers 4-H club met on Jan. 17th at the 4-H Building. The parliamentary procedure lesson was about how to properly table a motion. Roll call was answered by naming someone who has served in the Armed Services.

Marissa Maddy and Jarrett Wentz told jokes for openings. Following this, Molly Maddy shared some Favorite Food Show tips. The Favorite Food Show will be on Saturday, Jan. 23 for those who wish to attend.

The next meeting is scheduled for Feb. 21 at 4 p.m., at the 4-H Building.

Send Club News to Harriet hgill@nwkanas.com

Have you ever wondered if how you are eating could have an impact on keeping your mind functioning at peak performance?

When many of us were growing up, whenever we ate fish for a meal, someone was likely to say that it was "brain food." Remarkably, there is some truth to that. But in more recent years, researchers have turned their attention to the positive effects of fruit, vegetables and whole grains, and how they might help with cognitive function.

For example, a study published in 2006 in the journal of Neurology, looked at the diets and mental function of participants over time, from 1993-2002. The 3,700 participants, who were 65 or older, were given mental-skill tests. They were also asked to report on the types of foods they

Home ed Tranda Watts, Extension specialist



ate, including specific lists of 28 types of vegetables and 14 types of fruit. Participants were tested again after three and six years.

Researchers determined that those who showed the least mental decline in the follow-up tests after three and six years tended to eat the most vegetables. In fact, mental decline was 40 percent slower for people who reported eating three to four servings of vegetables every day (not including potatoes) compared with those who ate less than one serving a day. Surprisingly, the researchers

didn't see the same pattern with fruit consumption - they could see no link between fruit and mental acuity at all.

However, French researchers reported in 2007 in the American Journal of Epidemiology that, over a 10 year period, older adults who consumed the flavonoids (found mainly in fruits and vegetables), tended to have higher cognitive functioning. And yet another study, this one in 2006 in the American Journal of Medicine, linked higher consumption of fruit and vegetable juice with delaying the onset of Alzheimer's disease; researchers believed the polyphenols in the juices played a protective role, although there's evidence that antioxidants such as vitamins A, C and E as well as the mineral selenium also may play a role in protecting against dementia and enhancing mental

ability. Niacin and other B vitamins, found in whole grains and some other foods, are also known to contribute to the proteins that are needed for good memory.

In addition, scientists believe that omega-3 fatty acids, found in fatty types of fish, such as salmon, and in nuts and seeds, not only help supply oxygen to the brain, but work to protect the membranes of brain cells, thus preventing damage.

And finally, drinking plenty of water and other fluids can prevent dehydration, which can affect clarity of the mind. A good guideline to keep hydrated is to drink enough fluids to need to urinate every two to four hours.

If you have questions about "brain food," feel free to contact your local K-State Research and Extension Office or e-mail twatts@ksu.edu.

Norton Public Library Happenings

Did you know that in 2009—Over 60,000 Books, DVDs, Videos and Books on CD, were checked out at the Norton Public Library.

The Library now has 8 computers for patrons to use

Those computers were used 10,396 times

The Library has over 3,000 patrons

2,005 children attended story time and special programs

The Community Room was used 173 times

Thank you, to our patrons and supporters for a great 2009 at the Norton Public Library!

New displays are up for the first quarter of 2010. Come and see!

Coming events at the Li-



Library Spotlight Mary Luehrs

brary: January through March-Chess Club-Mondays for Beginners, Wednesdays for Advanced Play-

Monday, January 25th-Monday at the Movies-Showing "Morning Glory" starring Christopher Reeve-1:30 p.m. Refreshment Served.

Tuesday, January 26th -Free Resume Workshop-1:00-3:00 p.m.

New Items at the Library:

New Adult Books: Honor of Spies by W.E.B. Griffin

Fired Up by Jayne Ann Krentz

Not My Daughter by Barbara Delinsky

Noah's Compass by Anne Tyler

Impact by Douglas Preston

New DVDs: Harry Potter and the Half-Blood Prince

Ice Age: Dawn of the Dinosaurs

Night at the Museum: Battle of the Smithsonian

The Proposal

Duplicity

New Books on CD Last Man Standing by David Baldacci

The First Rule by Robert Crais

Not My Daughter by Barbara Delinsky

Amazing Gracie by Sherryl Woods

Jan. 22-Jan. 27

Showing at the

NORTON THEATRE Avatar

2 Hrs, 51 Minutes (PG-13) (Presented in Digital Surround Sound)

Friday and Saturday: 8:00 p.m.

Sunday: 5:00 p.m.

Mon., Tues., Wed. 7 p.m.

The Tooth Fairy

1 Hr., 49 Minutes (PG)



All Passes Accepted for Avatar/Only Premiere Passes Accepted for The Tooth Fairy

General Admission Price of \$6.00 and \$5.00 for Avatar, \$3.00/Ticket Sunday Premiere Price of \$7.00 and \$6.00 for The Tooth Fairy - No Sunday Discount



Coming Friday, January 29

Sherlock Holmes, Rated PG-13

Super Bowl XLIV Sun., Feb. 7 at 4 p.m.-Free Admission

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